

Cardiovascular Health in Missouri



Are you at risk for having high blood cholesterol?

Non-modifiable risk factors

- Age
- Sex
- Family history

Modifiable risk factors

- Diet
- Weight
- Physical activity

Missouri cholesterol facts¹

Blood cholesterol data, 2001

- 35% of all Missourians 18 years and older have high blood cholesterol
 - That number is on the rise, up from 30% in 1999
- 86% of all Missouri adults have had their blood cholesterol level checked
 - Most in the last 5 years, as recommended

Modifiable risk factors for high blood cholesterol, 2001-2002

- Diet
 - Four out of five Missouri adults do not eat the recommended five daily servings of fruits and vegetables
- Weight
 - Almost six out of ten Missouri adults are overweight or obese, and that number is increasing
- Physical activity
 - More than one out of every four Missouri adults does not participate in any leisure time physical activity

Did you know?^{2,3}

- High blood cholesterol is a major risk factor for heart disease
- Heart disease is the number-one killer in the US and Missouri
- Almost 20,000 Missourians die from heart disease each year
- There are no symptoms of high cholesterol: you need to get checked to find out, starting at age 20
- Lowering cholesterol levels can decrease your risk of having a heart attack or dying from heart disease, even if you already have heart disease
- Starting at puberty, most men have lower HDL (good) cholesterol than most women
- LDL (bad) cholesterol levels rise as men and women get older
- Most younger women have lower LDL than men
- Most older women (55 years and older) have higher LDL levels than men

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Having your blood cholesterol checked³

- Everyone age 20 and older should have his or her cholesterol measured at least once every 5 years.
- It is best to have a blood test called a “lipoprotein profile” to find out your cholesterol numbers. This blood test is done after a 9- to 12-hour fast and gives information about your:
 - Total cholesterol
 - LDL (bad) cholesterol – the main source of cholesterol buildup and blockage in the arteries
 - HDL (good) cholesterol – helps keep cholesterol from building up in the arteries
 - Triglycerides – another form of fat in your blood
- If it is not possible to get a lipoprotein profile done you can get a general idea about your cholesterol levels from:
 - Total cholesterol
 - HDL cholesterol
 - If your total cholesterol is 200 mg/dL* or more or if your HDL is less than 40 mg/dL, you will need to have a lipoprotein profile done.
 - See how your cholesterol numbers compare to the categories in the tables below.

Total Cholesterol Level	Category
Less than 200 mg/dL*	Desirable
200-239 mg/dL	Borderline high
240 mg/dL and above	High

LDL Cholesterol Level	Category
Less than 100 mg/dL*	Optimal
100-129 mg/dL	Near optimal/above optimal
130-159 mg/dL	Borderline high
160-189 mg/dL	High
190 mg/dL and above	Very high

*Cholesterol levels are measured in milligrams (mg) of cholesterol per deciliter (dL) of blood.

Data Sources:

1. Centers for Disease Control and Prevention: Behavioral Risk Factor Surveillance System
2. Center for Health Information and Evaluation: Missouri Information for Community Assessment
3. National Institutes of Health: National Heart, Lung, and Blood Institute

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